SLIMMING SOLUTIONS

Inova offers strategies for effective, permanent weight loss

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The Joint Commission recognizes Inova Fair Oaks Hospital for care quality

The Joint Commission, the leading accreditor of healthcare organizations in the United States, late last year named Inova Fair Oaks Hospital the Top Performer on Key Quality Measures.

The hospital was recognized for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions. It was recognized for its achievement on the following measure sets: heart attack, heart failure, pneumonia and surgical care. The ratings are based on an aggregation of accountability measure data reported to The Joint Commission during the 2012 calendar year.

“We understand that what matters most to patients is safe, quality care,” says John Fitzgerald, CEO, Inova Fair Oaks Hospital. “That’s why Inova Fair Oaks Hospital has made a commitment to positive patient outcomes through evidence-based care processes.”

Inova Fair Oaks Hospital is one of 1,099 hospitals in the United States earning the distinction of Top Performer Key Quality Measures for attaining and sustaining excellence in accountability measure performance.
Inova Fair Oaks Hospital offers a wide range of minimally invasive gynecological services for women. These range from interventional radiology to treat fibroids, to robotic-assisted or laparoscopic surgeries involving incisions as small as 5 mm—less than the length of a grain of rice.

These services provide many advantages over traditional, open procedures. Possibly the most readily apparent advantage to patients is that these procedures, in the hands of experts, take less time, both for the procedure itself and recovery.

“Normally patients leave within hours of the surgery, and most go home to have dinner because they can,” says Lynne Kennedy PhD, RN, Program Coordinator of Women’s Services, Inova Fair Oaks Hospital. “Many of our patients even go shopping the day after surgery.”

In addition to the convenience, recovery is easier and faster because the amount of blood lost in a minimally invasive procedure is often less than would be taken in an average blood test. Most patients feel little pain and don’t even need pain medication after they leave the hospital. And because the incisions are smaller, wounds heal faster and leave much smaller scars.

The low complication rate is another plus: the rate at Inova Fair Oaks Hospital for minimally invasive gynecology surgeries is 1.05 percent; worldwide, it’s 15.3 percent.

Here for Women
Learn more about women’s services at Inova at inova.org/gyn.
Starting in January, many people
throughout Northern Virginia will begin
receiving their insurance coverage
through the newly created health
insurance exchange. If you have not
signed up and would like to, there is
still time; open enrollment runs until
March 31. Here is a brief overview of
the exchange, also known as the
Health Insurance Marketplace:

ELIGIBILITY
If you have employer-provided
coverage, Medicaid, Medicare, a
qualifying plan you bought yourself,
COBRA, retiree coverage, TRICARE
or VA health coverage, you are
considered insured and don’t need to
sign up for a plan on the exchange.
Note: Even if you’re eligible for
insurance through your employer,
you can consider switching to a
Marketplace plan. However, since
most employers pay the majority of
costs for their employees’ medical
benefits, it is unlikely you will find a
better deal on the state marketplace.

COVERAGE
There are five different plan options
with varying premium costs and coverage
levels. The tiers are bronze, silver, gold,
platinum and catastrophic. Depending on
income and household size, some people
may qualify for lower premiums due to
government subsidies.

Plans cover essential health benefits,
pre-existing conditions and preventive care.
Essential health benefits include: ambula-
tory patient services, emergency services,
hospitalization, maternity and newborn
care, mental health and substance use

disorder services, and pediatric services.
Among the services under adult-covered
prevention are: blood pressure screening,
cholesterol screening, colorectal cancer
screening, depression screening, type 2
diabetes screening, HIV screening,
immunization vaccines, and obesity
screening and counseling.

PENALTIES
Most people must have health coverage in
2014 or pay a fee. This year, the penalty
is $95 per adult, or 1 percent of your income
(whichever is greater). Next year, the penalty
will rise to $325 per adult, or 2 percent of
household income. In 2016, the penalty will
be $695, or 2.5 percent of household income.

USE THE EXCHANGE
Find out whether you are eligible to receive insurance on the Virginia Health
Insurance Exchange by visiting healthcare.gov. If you need help signing up
for coverage, call 1.800.318.2596. You can also visit one of the healthcare
navigators identified at localhelp.healthcare.gov.
Throughout the year, Inova offers many ways for members of the community to learn about healthy lifestyle choices and have access to top-notch medical care. The hospital builds healthy partnerships through a wide array of wellness programs, educational classes, health screenings and clinical assessments.

“We reach out to the community in many different ways so people are aware of services inside the hospital and outside the hospital,” says Rohit A. Mahajan, Growth Officer with Inova Fair Oaks Hospital. “We also have convenient, expertly staffed physician offices in the surrounding neighborhoods.”

SERVICE AT YOUR DOORSTEP
To make quality healthcare accessible to residents living in nearby communities, Inova provides physician offices in both the Dulles South and Gainesville areas. The Inova Medical Pavilion in Dulles South provides comprehensive services including diagnostic imaging, urgent care, physical therapy and primary care. The center is staffed with board-certified and board-eligible physicians from the community.

Inova Medical Group in Gainesville is a family medicine practice that provides primary care to residents of all ages. Services include preventive health, physical exams, cardiovascular screenings, treatment of minor injuries, immunizations and much more.

“This is just another avenue for bringing healthcare to the community,” says Mahajan. “If you had a procedure at Inova Fair Oaks Hospital and you needed a follow-up several times a month, you could stay close to home for follow-up appointments.”

MEET A DOC
Several times a year, physicians attend community events such as running competitions or neighborhood business expos. This program provides an invaluable opportunity for members of the community to meet the specialists who perform state-of-the-art procedures.

Ask the Expert is a lecture series featuring top experts from Inova Fair Oaks Hospital. The physicians speak about a variety of healthcare conditions to educate and inform the community about medical advances.
Individualized strategies for effective, permanent weight loss

**We know by now that obesity is much more than an appearance issue.** More than two-thirds of Americans are overweight, putting them at risk for serious health conditions including heart disease, high blood pressure, type 2 diabetes, sleep apnea, gallstones, breathing problems, high cholesterol and certain cancers.

“Obesity significantly affects your health,” notes Kajal Zalavadia, MD, an internist and board-certified obesity medicine physician at Inova Fair Oaks Hospital. “It is so great when we see people achieve better health and overcome a condition rather than just continuing to control it.”

If you’re concerned about your weight, but you’re wondering how to shed those extra pounds and keep them off, the team of professionals at Inova Fair Oaks Hospital can help. The nationally recognized group of board-certified physicians, registered dietitians, exercise specialists, specialized counselors and certified nurses are there to carefully assess your weight-loss goals and create a personalized plan to help you meet your goals safely and effectively.

**NON-SURGICAL APPROACH**
One weight-loss option at the hospital to explore is the Medical Weight Loss Program, a 12-week program that includes consultations with a physician, weekly educational classes, nutrition counseling and workouts with an exercise specialist.

For Scott Robohn, 47, Inova’s Medical Weight Loss Program provided the structure and motivational support he needed to accomplish his weight-loss goals. Before joining, the 6’ 5” engineering manager weighed 380 pounds. He had high blood pressure, constant fatigue and his hips ached. Simple tasks like getting dressed to go to work or walking from his car to the office had become daunting tasks.

For three years, Robohn had tried to shed pounds through Weight Watchers online and other programs, but every time he lost 15 or 20 pounds, he would gain it back — and then some. Then last February, with encouragement from his wife, the father of four knew it was time for a change.

“I picked the Inova Medical Weight Loss Program because it offered what I felt I needed and that was essentially a reboot of my eating habits,” he recalls.

The program, thanks to the motivation of Dr. Zalavadia and other weight-loss patients, worked. In just seven months, he lost 155 pounds. His blood pressure returned to normal and his energy skyrocketed. His success inspired those around him, including two friends who joined the Inova program.

These days, Robohn walks between seven and 12 miles a day, wearing a pedometer to track his steps. “I have the happiest dog in Fairfax County,” he laughs, indicating he couldn’t be more pleased. “It’s a major lifestyle change that has impacted me positively in just about every way.”
**BARIATRIC SERVICES**

For those who have tried numerous weight-loss therapies such as diet, exercise and medications, and haven’t found lasting success, doctors may recommend bariatric surgery. Weight-loss surgery is an option for individuals who are 100 pounds over their ideal body weight, have a BMI of over 40, or have a BMI of 35 and one or more serious health conditions related to obesity.

The Inova Weight loss Surgery Program, a Center of Excellence for Bariatric Surgery, is nationally recognized for its expertise and personalized care.

“We’re a very mature program,” says Matthew Fitzer, MD, a bariatric surgeon at Inova Fair Oaks Hospital. “Inova has done over 7,000 surgeries and that experience has a tremendous effect on surgical outcomes.”

For 41-year-old Melanie Beasley, the program at Inova helped her realize a weight-loss goal she thought she would never achieve. From the age of 17, the Sterling resident had tried numerous weight-loss programs, diet pills and food and calorie restrictions. But nothing worked. By the time Beasley saw Dr. Fitzer, the 5’5” Internet engineer weighed 266 pounds and her BMI was 41. Although she was very active, she suffered from obesity-related pain in her knees and her right foot and climbing stairs left her winded.

Last March, on the recommendation of friends who had undergone weight-loss surgery at Inova Fair Oaks Hospital, Beasley had laparoscopic gastric bypass surgery. This minimally invasive procedure decreases stomach size, allowing you to feel full faster.

Beasley met with Dr. Fitzer who explained the procedure in great detail and answered all of her questions about what to expect during and after the procedure. The road ahead would be challenging, but Beasley found the support she needed.

“Dr. Fitzer is just amazing,” says Beasley. “He has tremendous bedside manner and his staff has been fantastic with helping me out and answering my questions and concerns.”

Beasley lost 91 pounds in the seven months since her surgery. She has dropped three shirt sizes and five pant sizes. Her foot and knee pain are gone and she can bike 20 miles or walk five miles without getting winded.

“I’m wildly ecstatic!” she says. “This is the best thing that ever happened to me. The clothes sizes are fun and my self-confidence has never been so high. Now I can jog up two flights of stairs with a fully loaded laundry basket and not break a sweat. The changes are mind-blowing.”

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**Ask the Expert**

**HOW DOES YOUR WEIGHT AFFECT YOUR HEALTH?**

Join Kajal Zalavadia, MD, for a FREE lecture, “How Does Your Weight Affect Your Health?” It will be held Thursday, Jan. 23, at 7 p.m. at Gum Spring Library, 24600 Millstream Drive, Aldie, VA. To sign up, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).
Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area's only Level 1 Trauma Center and Level 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience Institute and Inova Children’s Hospital. Inova’s mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at inova.org. If you do not wish to receive future mailings from Inova, please contact us at 1.855.My.Inova (1.855.694.6682) or inova.org/unsubscribe.

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**WELCOME, NEW PROVIDERS!**

Here are new healthcare professionals who have joined the Inova Fair Oaks Hospital medical staff from September–November 2013:

<table>
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<tbody>
<tr>
<td>Anesthesiology</td>
<td>Shayla Gaither, MD</td>
<td>Obstetrics &amp; Gynecology</td>
<td>Serina Floyd, MD</td>
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<td>Anesthesiology</td>
<td>Dhiraj Jagasia, MD</td>
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<td>Surgery/Ophthalmology</td>
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**find a physician**

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